

WE CLAIM:

1. A fishing system comprising:  
a fishing rod including a top side, a bottom side, a left side and a right side, the fishing rod also including eyelets positioned at one of the top or bottom sides of the fishing rod; and  
an arm cradle connected to the fishing rod, the arm cradle opening in an upward direction, and the arm cradle being pivotally moveable relative to the fishing rod about a pivot axis that is offset to one of the left or right sides of the fishing rod.
2. The fishing system of claim 1, wherein the arm cradle is positioned above the top side of the fishing rod.
3. The fishing system of claim 1, wherein the arm cradle inclines upwardly from the fishing rod at an angle in the range of 0-45 degrees.
4. The fishing system of claim 1, wherein the cradle defines an incline angle relative to the fishing rod, and wherein the incline angle is adjustable.
5. The fishing system of claim 1, wherein the fishing rod includes a shaft and a handle, wherein the fishing rod also includes a reel mount provided at the handle, and wherein the arm cradle is connected to the handle at a location behind the reel mount.
6. The fishing system of claim 1, wherein the cradle includes base portion and opposing side walls that curve upwardly from the base portion.
7. The fishing system of claim 1, wherein the arm cradle includes a front end and a back end, wherein the arm cradle is elongated from the front end to the back end.

8. The fishing system of claim 7, further comprising a pivot pin coupled to the front end of the arm cradle, the pivot pin including a pivot shaft that extends downwardly from the arm cradle.
9. The fishing system of claim 8, further comprising a clamp coupled to the fishing rod, the clamp defining an opening in which the pivot shaft is pivotally mounted.
10. An arm support device for use with an elongated item having a handle, the arm support device comprising:
  - a coupler adapted to be coupled to the handle;
  - an arm cradle that opens in an upward direction, the arm cradle being positioned above the coupler; and
  - a pivot pin that connects the arm cradle to the coupler, the pivot pin including a pivot shaft that extends downwardly from the arm cradle to the coupler.
11. The arm support device of claim 10, wherein the cradle includes a base portion that inclines upwardly from the coupler.
12. The arm support device of claim 11 wherein the base portion of the cradle inclines upwardly at an angle in the range of 15-30 degrees relative to the coupler.
13. The arm support device of claim 10, wherein the arm cradle include a front end and a back end, and wherein the arm cradle inclines relative to the coupler as the arm cradle extends from the front end to the back end.
14. The arm support device of claim 13, wherein the cradle is elongated from the front end to the back end.
15. The arm support device of claim 13, wherein the pivot pin is connected to the arm cradle adjacent the front end of the arm cradle.

16. An arm support device for use with an elongated item having a handle, the arm support device comprising:

a clamp including a receptacle for receiving the handle, the clamp including a top side, a bottom side, a left side, a right side, a front side and a back side, the receptacle extending through the clamp from the front side to the back side;

an arm cradle that opens in an upward direction, the arm cradle being positioned above the top side of the clamp, the arm cradle including a front end and a back end, the arm cradle being elongated from the front end to the back end, and the arm cradle being inclined relative to the clamp as the arm cradle extends from the front end to the back end; and

a pivot pin that connects the arm cradle to the coupler, the pivot pin including a pivot shaft that extends downwardly from the arm cradle to the coupler, the pivot pin being free to pivot about a pivot axis that is offset to the left or the right of the receptacle, the pivot pin being connected to the arm cradle at a location adjacent the front end of the arm cradle.